

POLAR EQUINE RCX3 GPS

Getting Started Guide

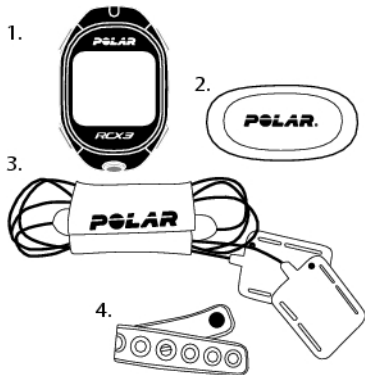
POLAR[®]
LISTENS TO YOUR BODY

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1. CONTENTS OF THE SET

1. **RCX3 training computer** receives, displays and records all the data measured by the H2 heart rate sensor and the G5 GPS sensor.
2. **H2 heart rate sensor** measures the horse's heart rate in real time and sends this information continuously and wirelessly to the training computer.
3. **Equine electrode base** detects the electrical signal of every heart beat. It has a pocket for the H2 heart rate sensor and two electrodes. The positive electrode is marked with a plus sign and the negative electrode is marked with a minus sign.
4. Two **plastic straps** for attaching the electrode base.

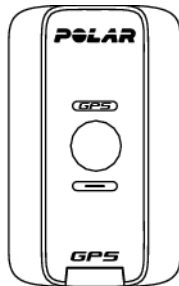


User manual in German, French, Italian, Spanish, Finnish and Swedish can be downloaded at www.polar.com/support.

For video tutorials, go to http://www.polar.com/en/polar_community/videos.

5. **G5 GPS sensor** measures speed and distance in real time. The user manual for G5 GPS sensor can be downloaded at www.polar.com/support.
6. With the **DataLink** data transfer unit you can transfer all training data to the polarpersonaltrainer.com web service via WebSync software.

5.



6.



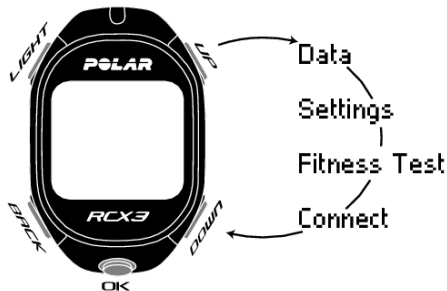
2. BUTTON FUNCTIONS

LIGHT

- Illuminate the display
- **Press and hold** to enter **QUICK MENU**: In time view lock buttons, set alarm or select time zone. During training lock buttons, search a sensor, adjust training sounds or set a lap view.

BACK

- Exit the menu
- Return to the previous level
- Leave settings unchanged
- Cancel selections
- **Press and hold** to return time mode from any other mode.



UP

- Move through selection lists
- Adjust a selected value
- **Press and hold** to change the watch face.

DOWN

- Move through selection lists
- Adjust a selected value
- **Press and hold** to switch between Time 1/ Time 2.

OK (red button)

- Confirm selections
- Start training session
- Take a lap
- **Press and hold** to set the zone lock on in the training mode.

3. START THE TRAINING COMPUTER

By default, the RC3X training computer is switched off to save the battery. Press any button twice to activate it.

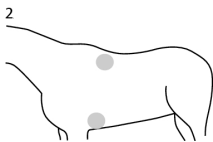
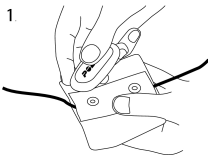
Select the language and press OK to confirm. Next, customize the basic settings. To adjust the data, use UP or DOWN and accept with OK.



You must enter the basic settings, even though they don't concern the horse. If you don't enter the basic settings, the RCX3 training computer will remind you to set them before every exercise.

1. **Time:** Select **12h** or **24h** and set the local time.
2. **Date:** Enter current date.
3. **Units:** Select metric (kg/cm/km) or imperial (lb/ft/mi) units.
4. **Weight:** Enter your weight.
5. **Height:** Enter your height.
6. **Date of birth:** Enter your date of birth.
7. **Sex:** Select **Male** or **Female**.
8. **Settings OK?** is displayed. To change your settings, press BACK until you return to the desired setting. To accept the settings, press OK and the training computer goes to the time mode.

4. ATTACH THE ELECTRODE BASE



1. Attach the heart rate sensor to the pocket of the electrode base. Close the pocket firmly.
2. The heart rate sensor picks up very small electrical impulses emitted by the heart. For the heart rate sensor to read the heart rate properly, ensure a good contact between the electrode pads and the horse's skin. Wet the electrode pads and the horse's hair properly from the areas where the electrode pads are placed (see the figure). If your horse has long or thick hair, you can clip those areas. This greatly improves the heart rate signal quality.



To optimize the contact between the horse's skin and the electrode pads, you can use contact gel on the electrode pads. It ensures a better detection of the horse's heart rate.

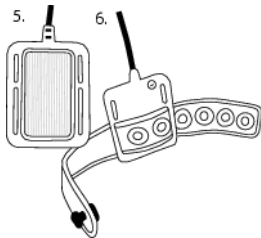
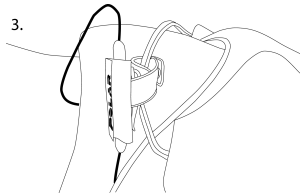
See the images on this and the following page.

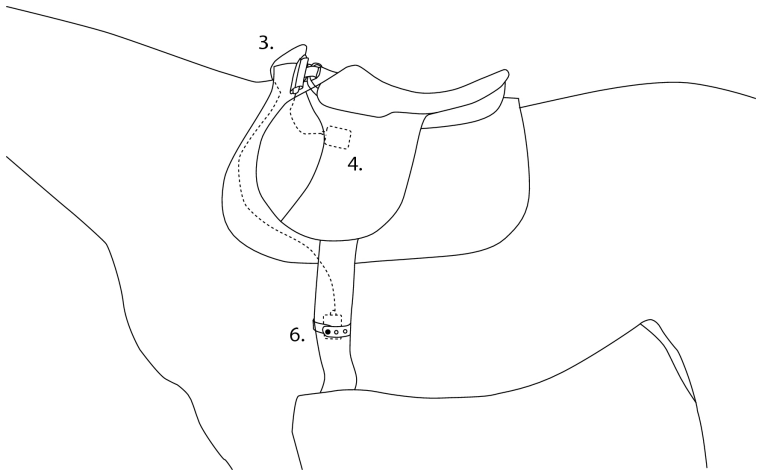
3. Attach the pocket to the saddle with one of the plastic straps (3).
4. Place the positive electrode pad (short cable) under the saddle (4) on the left side of the horse. Ensure that the electrode side of the pad is against the horse's skin (5). The rider's weight will keep the electrode in place.
5. Attach the negative electrode pad (long cable) under the girth using a plastic strap (6) and tighten the girth. If needed, you can place a wet sponge between the negative electrode pad and girth to ensure good contact with the skin.



For video tutorial, go to http://www.polar.com/en/polar_community/videos.

See the training computer's user manual for instructions on displaying the horse's heart rate and recording a training session. The user manual can be downloaded at www.polar.com/support.





5. USING THE G5 GPS SENSOR



For complete instructions on using the Polar G5 GPS sensor, download the user manual at www.polar.com/support.

Using Polar G5

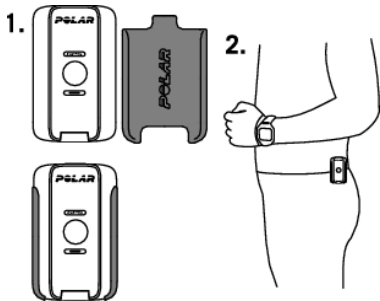
1. To turn G5 on, press the power key for one second and release. Both LEDs flash twice in green to indicate the activation.
2. The GPS signal LED flashes in red as G5 searches for satellite signals. To catch satellite signals, go outdoors and away from tall buildings and trees. In good conditions, acquiring satellite signals for the first time typically takes 30-60 seconds. G5 finds the signals faster if you keep it immobile during the search.
3. The GPS signal LED flashes in green when the signals are found and your location is determined. Your G5 is now ready for action.
4. To turn G5 off, press the power key for one second. The power switches off automatically if G5 cannot locate satellite signals or the location does not change for 60 minutes.

Wearing the GPS Clip

1. Position the G5 with “POLAR” logo upright above the clip and snap it in place (1).
2. Attach the clip to your clothing, for example on your waistband or belt, on the same side of your body as the arm in which you are wearing your training computer (2.).



Check that the clip is attached securely to keep it from falling off accidentally.



Place the G5 upright, so that the “POLAR” logo is facing upwards, enabling the GPS signal to be as clear as possible.



Attaching the G5 in the clip away from your body, to your backpack for example, can cause breaks in the signals between the training computer, the G5 and the satellite reception. Therefore, the GPS information in the training data can become inaccurate.

3. To remove the G5 from the clip (3): Hold the clip by the side edges with the “POLAR” logo facing you. Snap the G5 out of the clip by pushing it with your other hand.

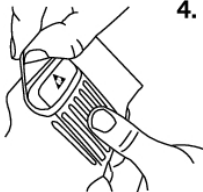


Alternatively, you can carry the G5 GPS sensor in an armband, which is available as an accessory.

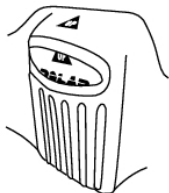
Wearing the Armband*

1. Encase the G5 into the armband pocket the USB port against the bottom of the pocket. Check that the LEDs and the power key are visible through the window.
2. Pull the pocket's upper edge over the G5 (picture 3). G5 is securely positioned when the pocket's upper edge covers the top of it (picture 4).
3. Place the G5 and the training computer on the same arm. Position the armband around your upper arm or forearm and fasten (pictures 5 and 6). Make sure that the "POLAR" logo on the armband is in an upright position.

3.



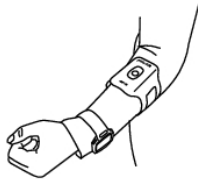
4.



5.



6.



*The armband is not included in the set, it is available as an accessory.

6. PAIRING SENSORS WITH THE TRAINING COMPUTER

If you purchase a new Polar G5 GPS Sensor or heart rate sensor, or Equine speed kit sensor, it must be paired to your training computer. For instructions on pairing G5 GPS sensor or speed sensor W.I.N.D., see *Using a New Accessory* in the full user manual of the training computer. For instructions on pairing the heart rate sensor, see *Using a New Heart rate Sensor*.

If you purchased the sensor and training computer together, as a set, the sensor is already paired to the training computer. In this case, you will only need to activate the sensor in your training computer. For more information, see *Settings* in the user manual.



You can download the full user manual at www.polar.com/support.

7. START RECORDING THE EXERCISE



1. Start by pressing OK. The training computer enters pre-training mode and starts searching for the sensor signals.

If a sensor signal is not found, a triangle with an exclamation mark is shown on the display. A check mark indicates that the sensor signal is found.



2. Select the sport profile (**Running**, **Cycling 1 (Bike 1)**, **Cycling 2 (Bike 2)** or **Other sport**) by browsing with UP/DOWN.
3. Once all the sensor signals are found, press OK. **Recording started** is displayed, and you can start the training session.



- Change the training view by browsing with UP/DOWN.
- Access the **QUICK MENU** by pressing and holding LIGHT for two seconds.
- For further information on the functions during training, see the full user manual at www.polar.com/support.

To pause the training session, press BACK.

To continue recording the training session, press OK.

To stop training recording completely, press BACK again.



"XX sensor low battery" is displayed during training if any of the possible sensors have low battery.



For more information on data transfer, consult the full user manual at www.polar.fi/support or the online help for polarpersonaltrainer.com and WebSync.

You can see details of the training session by selecting **MENU > Data > Training files**. For a more visual and detailed analysis, transfer it to polarpersonaltrainer.com web service with the WebSync software.

8. TROUBLESHOOTING

Abnormal Heart Rate Readings During Exercise

- Make sure the positions of the electrode pads are correct and they are right side up. Check also that the girth is tight enough.
- Make sure the horse's hair under the electrode pads is thoroughly moistened.
- If your horse has long or thick hair, clip it from the areas where the electrode pads are placed.
- Accumulated sweat and dirt may interfere with the measurement of the signal from the heart to the transmitter. Check if the electrode pads need cleaning.
- Make sure that the H2 heart rate sensor is firmly attached to the pocket of the electrode base.
- Keep the training computer and the H2 heart rate sensor on the same side of the horse.
- In some cases, (at about 120 bpm) a double pulse can occur at each heart beat (R + T waves). This problem disappears when the intensity increases.
- If you have done all of the above-mentioned actions, and the heart rate measurement does not work, the battery of your H2 heart rate sensor on RCX3 training computer may be empty. For further information, download the user manual for the product in question at www.polar.com/support

9. IMPORTANT INFORMATION

Care and Maintenance

Follow the caring instructions to ensure reliable measurement and to maximize the life span of the electrode base and the heart rate sensor. The following instructions will help you fulfill the guarantee obligations.

Heart rate sensor: Detach the heart rate sensor from the belt after every use and dry it with a soft towel. Clean the heart rate sensor with a mild soap and water solution when needed. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals).

Electrode base: Rinse the electrode base under running water after every use and hang to dry. Clean the electrode pads gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the electrodes. Do not soak, iron, dry clean or bleach the electrode base. Do not stretch or bend the electrode areas sharply.

Dry and store the electrode base and the heart rate sensor separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material, such as a sports bag. Do not expose the heart rate sensor to direct sunlight for extended periods.

G5 GPS sensor: Clean G5 with a mild soap and water solution. Dry it with a towel. Never use alcohol or abrasive materials (steel wool or cleaning chemicals). Never put G5 in a washing machine or drier.

Due to the textile nature of the armband, its life time may not reach the life time of G5. Follow the instructions carefully to maximize the life time. Wash the armband only when necessary. Hand wash only. Do not use detergent with bleach or fabric softener. Do not dry-clean. Do not spin-dry or iron.

Take G5 out of the armband after use. Keep G5 and the armband in a cool and dry place. Do not store wet in non-breathing material, such as a sports bag. Do not expose to direct sunlight for extended periods.



Parts of G5 are magnetic. It may attract metallic materials and its magnetic field may interfere with a compass. To avoid interference, it is recommended to wear your compass on one arm and your G5 with the training computer on the other arm. Do not place credit cards or other magnetic storage media near G5, because information stored on them may be erased.

Service

During the 12-month guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For contact information and all Polar Service Center addresses, visit www.polar.com/support and country specific websites.

Guarantee

Limited International Polar Guarantee for Equine Products

- Polar Equine products are developed and manufactured for the usage in equine sports. Each product endures rigorous testing before it leaves the factory.
 - This guarantee does not affect the customer's statutory rights under applicable national or state laws in force, or the customer's rights against the dealer arising from their sales/purchase contract.
 - This limited Polar international guarantee is issued by Polar Electro Inc. for customers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for customers who have purchased this product in other countries.
 - Polar Electro Oy/Polar Electro Inc. guarantees the original customer/purchaser of this device that the product will be free from defects in material or workmanship for twelve (12) months from the date of purchase.
 - The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, cracked, broken or scratched cases/displays, modified or altered products or their parts and electrode belt and strap of sensors.
 - The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
 - Items purchased second hand are not covered by warranty, unless otherwise stipulated by local law.
 - During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Regulatory information is available at www.polar.com/support.

Compliance Statement

Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

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Disclaimer

Please note that these guarantee terms shall be applied to Polar Equine products instead of any other Polar Electro guarantee term, even if other terms may appear in some product documentation.

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